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Tyndall Air Force Base, Fla. *Gulf Defender*

Feb. 16, 2001



Tech Sgt. Sean E. Cobb

Who let the dogs out?

Senior Airman John R. Jacob, 325th Security Forces Squadron military working dog handler, and Jorka, 325th SFS military working dog, demonstrate an aggression stance that is used to warn suspects against further misconduct. Jorka is a 7-year-old Dutch Shepherd.

Air Force Assistance Fund drive begins Feb. 26

RANDOLPH AIR FORCE BASE, Texas (AFPN)— The 2001 Air Force Assistance Fund campaign, with the theme “Commitment to Caring,” begins Feb. 26 and runs through March 30.

Last year’s campaign contributions totaled nearly \$4.3 million. The Air Force goal for the 2001 AFAF campaign is \$3.4 million, the same as last year.

“Last year Tyndall members and their families received **\$217,558** from the Air Force Aid Society in the form of grants and loans,” said Capt. Gregg Fike, Tyndall AFAF installation project officer. “The contributions you make to the AFAF really do make a difference in people’s lives. There will be a kickoff breakfast at the Pelican Reef Enlisted Club Feb. 26 at 7:30 a.m. If you would like to attend the breakfast or have any questions about the AFAF, please contact your unit project officer. Remember, if we don’t take care of our own, who will?”

The annual AFAF campaign raises money for four charitable organizations benefiting active-duty, Reserve, Guard and retired Air Force people and their families, including surviving spouses and their families.

The organizations are:

- **The Air Force Aid Society**, the official charity of the Air Force, which can be accessed worldwide for emergency financial assistance. The top priority is assistance to active-duty members and their families, but consideration is given to assisting retirees and widows on a limited, case-by-case basis. Air Force Reserve and Air National Guard members on extended active-duty under Title 10 U.S.C. can also be eligible for

emergency assistance when circumstances warrant. The AFAS also offers education assistance programs and an array of base-level community-enhancement programs. Local family support centers can provide full details on programs and eligibility.

- **The Air Force Enlisted Men’s Widows and Dependents Home Foundation Inc.** The home foundation, located in Fort Walton Beach near Eglin Air Force Base, Fla., provides rent subsidy and other support to indigent widows and widowers of retired enlisted people. Those eligible are widows and widowers, 55 and older, whose spouses were retired enlisted persons from the regular Air Force, Air National Guard or Air Force Reserve.

- **The Air Force Village Indigent Widow’s Fund.** The village, located in San Antonio, is a life-care community for retired officers, spouses, widows or widowers and family members. Their indigent widow’s fund provides support to widows and widowers of Air Force officers.

- **The General and Mrs. Curtis E. LeMay Foundation.** The LeMay foundation provides rent and financial assistance to indigent officers’ and enlisted widows or widowers in their own home and community. This foundation is for all indigent widows or widowers who do not want to, or are unable to move to one of the retirement homes.

Donations to the AFAF campaign can be made through cash or check contributions or payroll deduction.

● **Turn to GIVE Page 2**

Tyndall celebrates black history through dance, jazz, more

Tech. Sgt. Michael A. Ward
Tyndall Black Heritage Committee

Gospel, jazz, dance, rap, and rhythm and blues will be on display Feb. 24, as the Tyndall Black Heritage Committee sponsors its annual scholarship dinner program at the Tyndall enlisted club.

This year’s program is a variety show featuring talent from the base and local community.

“The show is a celebration of African-American culture, and the acts we have reflect the different facets of that culture,” said 1st Lt. Larry Cook, entertainment chairperson. “We’ll have gospel choirs from local churches, rhythm and blues singers, a step show, a jazz

band, a rap group, poetry readings and dancers. That’s a lot under one roof, so you can see why people are excited about the show.”

Tickets for the dinner and show are \$15 per person. Tickets for the show only are \$10. Proceeds are used to provide scholarships to bay area high school students. Last year the organization gave four scholarships totaling \$1,200.

“We want people to come out not just because of the food and

fun, but to help a few high school students, right here in our community, pursue their dreams of going to college,” Lieutenant Cook said. “That alone is worth the price.”

The social hour is 6 p.m. and the dinner starts at 7 p.m. Dancing, featuring a DJ, will follow the show.

For tickets contact Crystal Hill at 283-6279 or Ebony Payton at 283-6236.

Black History Month
February 2001



Air Force Portal: A quantum jump in web technology

Janine Hendricks
*Air Education and Training Command
Computer Systems Squadron*

RANDOLPH AIR FORCE BASE, Texas (AETCNS) — Air Education and Training Command members will soon gain exciting new information technology capabilities on their desktop computers via the Air Force Portal, a web-based, single-point entry to access a variety of online information resources and services.

The Air Force Portal, also known as My.AF, is part of a new, fast-paced strategy to migrate the Air Force’s information technology systems to the vision of “One Air Force — One Network.” The service’s goal is to quickly move into a new technological age by providing a My.AF account to every Air Force member by July.

“Through One Air Force — One Network, the Air Force is changing how we leverage information technology to improve combat effectiveness and daily mission performance,” said Lt. Gen. John L. Woodward Jr., Air Force deputy chief of staff for communications and information.

The AETC Computer Systems Squadron is laying the groundwork to implement the portal throughout the command. Efforts are underway to web-enable and consolidate mission and administrative processes and computer systems Air Force-wide. This will allow airmen to conduct operations more reliably and efficiently with “24/7” worldwide access to Air Force applications and information, said Master Sgt. Russ Williams, AETC portal action officer.

“The portal will be hosted on the Global Combat Support System, which will also provide a path for integrating applications onto the portal,” said Lt. Col. Dave Packham, Air Force Portal focus group leader. “Our goal, as defined by the chief of staff, is to have a fully capable portal by July 1, 2001.”

The first Air Force Portal accounts in AETC will be activated later this month, and activations will continue command-wide through July. As AETC CSS completes the initial account rollout, each base’s communications squadron will assume local administration of the accounts.

Those who already have an established e-mail account

in AETC will receive an official “congratulations” e-mail containing a My.AF user-ID in the next few months. The e-mail will outline general information and detailed instructions necessary to activate a My.AF account.

My.AF will enable near “real-time” situational awareness, information sharing and information alignment to specific functional areas.

“Navigating My.AF will be similar to getting around on the Internet,” Sergeant Williams said. “Users can customize their view of the portal to match their individual requirements and mission needs.”

Some personalized settings include links to Aerospace Expeditionary Force updates, weather, news, functional business applications, publications and forms, and myriad other options.

My.AF will also expand to include self-service capabilities such as the Air Force Operations Resource Management System, providing real-time training and flight data. Other resources include: My Money, for civilian pay inquiries; e-LES, for military leave and earning statement information; and v-MPF, for access to military personnel data.

My.AF is one piece of the overall information technology modernization effort, which includes consolidating e-mail servers to lower costs, reducing training requirements and improving information assurance. The modernization efforts also include the Air Force White Pages, which are designed to enhance locator services for active duty, Guard, Reserve and civilian personnel, as well as permit web-based e-mail links.

“(My.AF) is indeed a quantum jump in technology and will likely have a far reaching impact on accomplishing the Air Force mission anywhere, anytime,” Sergeant Williams said.

The development of the Air Force Portal complements the service’s information technology vision, which is to provide “mission success across the spectrum of operations ... the right information, in the right format, to the right place, at the right time.”

More information about the Air Force Portal is available at the AETC Portal web site, www.aetc.af.mil/css/SCI/s03t0035.htm. The site contains articles, instructions, general information and links to other portal information web sites.

●GIVE from Page 1

Contributors may designate their contributions to one or more of the four charities, and 100 percent of their AFAF contribution is passed to their chosen charities. Contributions to the AFAF are deductible for federal income tax purposes as an itemized deduction.

For more information, contact the appropriate AFAF representative.
Installation project officer: Capt. Gregg Fike, 283-6812 (Satellite Units); Assistant project officers: 1st Lt. Scott Howard, 283-4616 (325th FW Units), 2nd Lt. Suzanne McGowan, 283-9902 (Tenant Units);
Group project officers: 325th Op-

erations Group, 1st Lt. Robert Sheehan, 283-3564; 325th Logistics Group, Master Sgt. Alfredo Lopez, 283-2498; 325th Medical Group, Capt. Stephen Speece, 283-7279; 325th Support Group, Master Sgt. Launie Whelan, 283-4283; 53rd Weapons Evaluation Group, Master Sgt. Glenn Hoflund, 283-4641.



Active listening: key to communication

Gen. Lester L. Lyles
Air Force Materiel Command commander

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFPN) — Most of us know the story of how Alexander Graham Bell and his assistant, Thomas A. Watson, invented the telephone. In 1876, the two were tinkering with a mechanism they hoped would someday allow speech to be transmitted over wires. Watson listened to his crude receiver and heard Bell’s crackling voice utter the words, “Watson. Come here, I need you.” Two key elements made this historic event happen. Bell’s voice was actually carried over the wires, and Watson was listening. By listening, he completed the communication process and the message was received. Communication is one of my

guiding principles. Many of you have heard me say that I live by the phrase “communicate, communicate, communicate.” I believe it’s important to us in the Air Force - and in our daily lives. We cannot function as an office, organization, community or society unless we communicate with one another. But it’s a two-way process. If the message is sent, but no one receives it, the communication process breaks down. Just like Watson, we all have to be good listeners. We all must strive to listen to the people around us. Whether it’s the commander listening to one of his people or a young airman listening to guidance from his first sergeant, we cannot communicate unless we listen.

“**Leaders, no matter at what level, need to hear from their people about their issues, concerns, thoughts and ideas.**”

All commanders and supervisors, military and civilian, need to ensure a two-way flow of information

is taking place with their people. Leaders, no matter at what level, need to hear from their people about their issues, concerns, thoughts and ideas. They in turn must share information with their people and their people must listen. And listening involves more than simply turning an ear to what someone is saying. We must take the information we hear, process it, think about it and respond in some manner. We should not treat people the same way we treat our car radio — simply there for background noise and we “tune in” only when we hear something of interest.

There are, of course, many techniques and forums that foster good communication. And not everyone prefers to communicate the same way. Personally, I have an “open door” policy. This doesn’t mean my office door is always open, but it does mean I am accessible. You may prefer to communicate by phone, by walking around your work area and talking with people one-on-one or meeting in a group session at an offsite or working lunch. The setting doesn’t matter as long as that two-way communication is taking place. Everyone should know they can get information to their supervisor or commander. However, this doesn’t mean violating the chain of command or going “over someone’s head.” Everyone up and down the chain should be involved. But most importantly, everyone should listen.

Today in history

1760: Cherokee Indians held hostage at Fort St. George are killed in revenge for Indian attacks on frontier settlements. **1804:** Lt. Stephen Decatur attacks the Tripoli pirates who burned the USS Philadelphia. **1862:** Fort Donelson, Tennessee, falls to Grant’s Federal forces, but not before Nathan Bedford Forrest escapes. **1865:** Columbia, South Carolina, surrenders to Federal troops. **1945:** American paratroopers land on Corregidor, in a campaign to liberate the Philippines. **1957:** A U.S. flag flies over an outpost in Wilkes Land, Antarctica. **1959:** Fidel Castro takes the oath as Cuban premier in Havana. **1965:** Four persons are held in a plot to blow up the Statue of Liberty, Liberty Bell and the Washington Monument.

Tax tips

Education IRA - An education IRA is a tax-exempt trust or custodial account established for the purpose of paying the higher education expenses of a designated beneficiary, who must be under 18 years of age at the time any contribution is made to the education IRA. Contributions of up to \$500 per year are permitted for each account beneficiary (subject to limits based on the contributor’s income). Although contributions are not deductible, earnings on amounts in an education IRA are not taxable. Distributions from an education IRA are not taxable as long as the beneficiary’s higher education expenses for a year equal or exceed the amount of the distributions during that year. For more information, contact the Tyndall Tax Office at 283-8152.



What success means to me

Maj. Janine Weber
39th Services Squadron commander

INCIRLIK AIR BASE, Turkey (AFPN) - I’ve given a lot of thought recently to the meaning of success. I’ve looked the word up in the dictionary, looked for pertinent quotes from famous philosophers, asked my friends and coworkers what success means to them and also have thought whether I would consider myself “successful.”

Most people I asked defined success as achieving goals. They must have been reading the dictionary, because Webster’s defines success as “the gaining of something desired, planned or attempted” or “the gaining of fame or prosperity.”

Based on my own childhood dreams of being rich and famous, I would hazard a guess that most of us start off thinking fame and prosperity equal success, but later come to realize true success may lie along a completely different path. I’ve concluded that our concept of success changes and matures just as we do over time and, like the goals we seek, have short-term and long-term components.

So, would I consider myself a success? The answer takes some introspection.

As a teen-ager, I imagined I would go to college, become high-powered in the business world, and easily balance my power career with marriage to a successful, handsome man and be a supermom as well.

As I left the cocoon of my small town where I had been a big shot and entered university life, I quickly realized I was a nobody from nowhere and sinking fast. First of all there was the Reserve Officer Training Corps scholarship in engineering — not my thing at all, (I ended up being a psychology major) but it was my ticket to college.

Then there was all that military stuff. I knew I was in trouble the first day in leadership lab when the auditorium was called to attention for the entrance of the ROTC cadre. Everyone leaped to attention, so I leaped up, too, wondering what was going on, spilling my textbooks noisily in every direction.

My scholarship didn’t pay for room and board and my summer job money didn’t last long. After being forced to eat the only thing in my kitchen cupboard, rice and peanut butter, eating balanced meals took on great importance for me, and I found a part-time job to help with the bills. By this time, I had begun to rethink my ideas

about success and survival started to seem like a pretty high achievement. I had no intention of starving or being sent back home in disgrace.

Somehow I got the hang of it, changed majors and earned my diploma and a commission as a distinguished graduate. I went on to be recognized above my peers in the early years of my career and set my sights on being a general officer. I was a hot shot again and headed straight for the top. Rank, privilege, respect, a top salary, all would be mine, and my definition of success was again redefined.

Then came the NATO assignment where I met my future husband, a Turkish Air Force pilot. We both managed to get reassigned to Turkey but knew I would have to move on before long and we would face years of separation. Marriage and family were suddenly incompatible with my Air Force career. Just being able to have both would be a dream come true. We decided to go for it and got married, pledging to do our best to make it work. For me, that meant staying in Turkey.

So far, I’ve been successful with my work here at Incirlik and managed to keep the family together as well. Now the challenge is to balance my demanding jobs as a squadron commander, wife and working mother of a 1- and a 3-year-old. I’ve been competitively selected to be a squadron commander. I have two beautiful kids and a loving, supportive husband. I must be successful, right?

But as any working parent, especially a mom, can tell you, seeking that balance is a constant journey and whatever you do is never good enough. There are simply not enough hours in the day to be perfect in all those roles. Each is a full-time job in itself.

Some days I feel like a total failure. The boss is mad, a suspense was missed, my staff is upset with a decision I made and my husband and kids are disappointed (again) because it’s after 7 p.m. and I’m still not home with them.

If you’ve ever had to disentangle your clinging, sobbing child from your leg and leave them in a hysterical heap with the baby-sitter with cries of “mommy” following you out to the car because you just had to get to an important meeting, (which you end up being late for anyway) then you will understand the feeling of failure. The feeling of letting everyone who is depending on you down at once.

On the other hand, there are days when everything goes right. Kudos from the boss for a job well done, a hard effort has resulted in

successful completion of a project, you celebrate the success with your satisfied troops and then go home (at a decent hour) and open the door to excited cries of “mommy, mommy!” Those are the days I think I’m on the right track.

As I look back at how my own definition of success has changed and evolved over time, I am reminded of Maslow’s hierarchy of needs.

He believed that we would act to satisfy the needs of the present, but underlying all these needs is one true motive: to self-actualize, to continuously realize our own potential by whatever means we can.

I’m a believer in this theory. I believe as our environment and situation change, we are motivated to act in such a way as to take care of our emerging needs.

That’s why, as a starving student and misfit cadet, I stopped thinking so much about getting rich and famous and dedicated myself to earning enough money to eat and to improving my performance in academics and military studies.

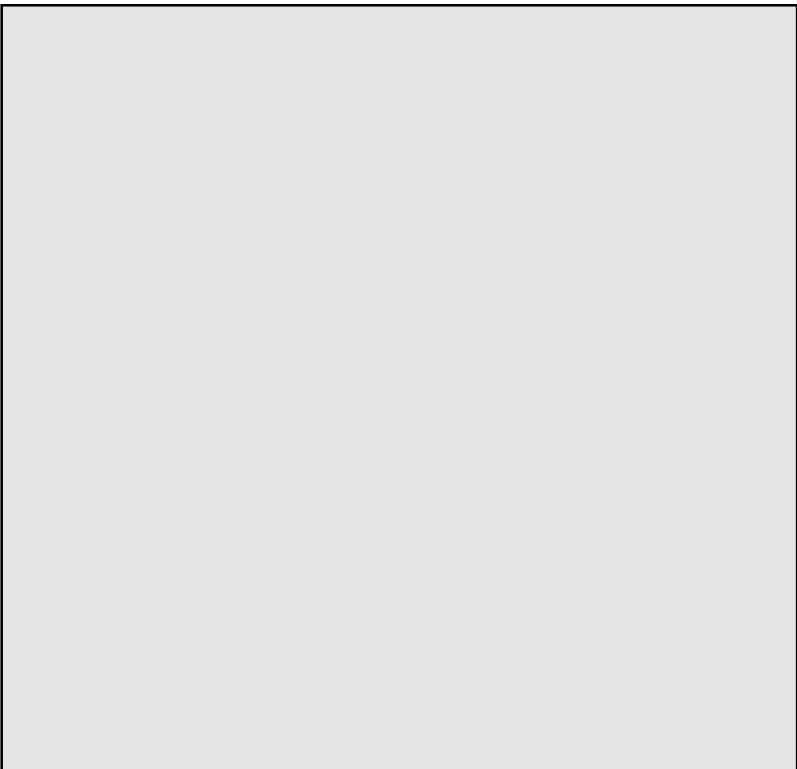
Once the threats of complete failure and hunger were eliminated, I once again turned my attention to a longer-term goal of being the best I could at what I was doing and where I was headed.

Although I often slowed down to address the current situation, the challenge of the moment, there was continuous momentum toward improvements in my abilities, rank, status, financial situation and family situation.

This is why our goals and thus our ideas of success change and mature over time. The need to self-actualize will keep propelling you forward, so it’s important to take stock now and then to check where you are and give thought to where you want to end up. It’s never too late for a mid-course correction, and it’s no fun if you don’t stop periodically to recognize and enjoy the progress you have made toward reaching your full potential.

Am I successful? Yes and no. I have a lot of personal goals yet to pursue, and I will never be rich, famous or a general officer. But I make enough money to live comfortably and put a little away each month. I work with terrific people and am proud to give my best effort every single day doing work I feel makes a difference in the service of my nation.

And every single day, I go home to a husband and kids who love and need me unconditionally, no matter what I did or didn’t do at work. No, I’m not there yet, but I feel I’m on track and moving in the right direction. Like everyone else, it’s a work in progress.



Viewpoint

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For more information, or to advertise in the newspaper, call (850) 747-5000.

Safety stats

Category	'00	'01	Trend
On duty	1	0	-1
Off duty	10	1	-9
Traffic	5	0	-5
Sports	4	1	-3
Fatalities	1	0	-1
DUIs	14	0	-14

Commander's Corner:



Brig. Gen. Hodgkins

Brig. Gen. William F. Hodgkins
325th Fighter Wing commander

This month we kick off the 2001 Air Force Assistance Fund campaign with a breakfast at the Pelican Reef Enlisted Club Feb. 26. The AFAF motto this year is "Caring for your own." I believe Team Tyndall does a great job caring for our own. You can see examples every day from NCOs helping airmen, to volunteers giving their time and energy to the base populace. The AFAF is a great way to help because it benefits our people right here at home. There are countless stories out there of folks getting emergency assistance or financial support during times of need through the AFAF. The program's strength comes from communities like Team Tyndall who want to care for their own.

This week we had the opportunity to show our neighbors we care during the annual Valentines for Vets visits. I would like to thank the project coordinator **Airman 1st Class Tiffany Netteville**, the Tyndall Active Airman's Association and all those who supported this effort. The time you spent with our veterans in local nursing facilities means more than you

may know. These men and women served our nation proudly and your gift of time and a smile reassures them they are not forgotten. Thanks Team Tyndall.

With spring approaching, let's not forget to take care of ourselves while enjoying outdoor activities. As warmer weather moves our way, we will all certainly get the itch to get on the water for some fishing, swimming and boating. I encourage everyone to take every safety precaution while enjoying the Emerald Coast and all it has to offer. Remember some simple rules. Moderation in all you do. Alcohol does not mix with driving or water sports, and use the buddy system — look out for each other. So break out the sun screen and have a good time. Just keep safety in mind.

Finally, preparations for the Gulf Coast Salute 2001 open house continue to move forward. This is an all-out base effort that provides our local and regional communities a glimpse into a great way of life. Mark this one on your calendars because it'll be one to remember. Keep pushing forward and thanks for the hard work you put into making Tyndall such a great place to live and work. Have a great Air Force week!

Tyndall's chapel schedule

Protestant
Communion Service: 9:30 a.m. Chapel 1
General Protestant Service: 11 a.m. Chapel 2
Sunday school: 9:30 a.m.
Kids' Club: 2:45-5:45 p.m.
Wednesday
Catholic
Daily Mass: noon Monday through Friday, Chapel 2;
Reconciliation: After Saturday

Mass or by appointment
Mass: 5 p.m. Saturday, Chapel 2
Mass: 9:30 a.m. Sunday, Chapel 2
Religious education: 10:50 a.m. Sunday
Chapel 2: 283-2925
For more information on services or for information on other faith groups, call 283-2925.

Action Line



Tech. Sgt. Sean E. Cobb

Lt. Col. Bryan Funke, 325th Aeromedical-Dental Squadron commander and 325th Medical Group deputy commander, talks about audiograms in support of the hearing conservation programs at the flight medicine clinic with Tech. Sgt. Barry Crone, 325th ADS NCOIC of the flight medicine element.

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors,

commanders, first sergeants or facility managers. If you're not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For **fraud, waste and abuse** calls, you should talk to the office of inspections, 283-4646. Calls concerning **energy abuse** should be referred to the energy hot line, 283-3995.

Brig. Gen. William F. Hodgkins
325th Fighter Wing commander

Hit the road, Jack...

As increasing numbers of airmen separate, chief tackles issues of why **Chief Master Sgt. Joe Lavigne** 15th Air Base Wing career assistance adviser

HICKAM AIR FORCE BASE, Hawaii (PACAFNS) — What drives enlisted folks out of the Air Force? Why do they stay? What can we do to make the Air Force a more attractive career option? I figure if I had these questions, some others did too. So, I decided

to get some answers.

A couple of months ago, the results of the latest "exit" survey were released. People who are walking out the door complete this survey and their input is pretty candid. The number one reason enlisted folks are leaving? Availability of civilian jobs.

Okay, I can buy that. After all, the economy's been strong for a decade. There are tons of jobs out there, with the unemployment rate the lowest it's been in years. There's even talk about raising the minimum wage! But what about all the "great" jobs people talk about

●Turn to ROAD Page 6

Show me the money...

Class offers additional education to staff, technical sergeants

Air Force extends bonus for enlistments

RANDOLPH AIR FORCE BASE, Texas (AFPN) — The Air Force is offering an additional bonus for people enlisting into select career fields and reporting for active duty before March 30.

This bonus is in addition to any standard enlistment bonus currently offered for those career fields.

For instance, a six-year enlistment bonus for the cryptological linguist career field, currently at \$9,000, will also offer a \$5,000 “kicker” in February for a total of \$14,000. Other additional bonuses range from \$1,000 to \$5,000 depending on career field chosen and term of enlistment.

“We offered a kicker for the month of January, and it gave us just the boost we needed,” said Col. James Holaday, Air Force Recruiting Service director of operations. “This is another useful tool for our recruiters out in the field, because it not only offers an additional monetary incentive for young people seeking an Air Force opportunity, but it also helps to balance our training class seats throughout the year.”

The Air Force has opportunities in nearly 200 career fields, with special emphasis this year in mechanical and technical career fields, as well as officer opportunities.

People interested in finding out more about Air Force opportunities and enlistment bonuses should contact their local Air Force recruiter or visit www.airforce.com. (Courtesy of AFRC News Service)



●ROAD from Page 5

when they’re leaving the Air Force. I took a look at Fortune Magazine’s “Top 100 companies to work for” to find out what the draw is.

First, I looked at a company called Qualcomm. I’m not a techie, but I think they’re one of those high-tech firms that has run a great business the last couple of years. Their growth rate for 1999? Of 90,000 applicants, they had minus 451 positions open up. Not a typo. Negative growth. Starting pay for a senior material coordinator? \$28,000 a year.

Maybe that was a fluke. Next I looked at USAA. They had 44,700 applicants that resulted in minus 163 jobs. Math isn’t my strong point, but I think the odds of getting rich might be better in Vegas. The pay is pretty good though. For a customer account professional the starting salary is just \$8,000 less per year than what a senior airman with four years service makes.

One more ... Southwest Airlines is one of the top five companies to work for. 144,500 applicants, 1,314 new jobs... Their most common entry-level job pays \$17,000 per

year. But if you land a job with them as a programmer/analyst, you can expect to make the same amount a staff sergeant with eight years’ service makes.

Maybe the availability of jobs really isn’t the answer. Next on the list of reasons enlisted members leave is pay and allowances. Fair enough.

Back to the list of the best companies to work for. We already talked about the pay. American Express prides itself in that 90 percent of their employees give the company high marks for treating women and minorities fairly. Maybe we should lower our standard to 90 percent.

What about the high-tech world? SAS Institute, a major software developer, has a state-of-the-art fitness center, a clinic and subsidized child care. I guess they took a tour of an Air Force base when they were laying out their facilities.

Here’s another example: FedEx offers 48 hours of professional training a year. Last time I checked, the Air Force probably offered at least that much.

Still no answer I’m satisfied with. So, I looked at the next three

reasons that force people out the door. I just got a new set of glasses so I had to look again - no mistake. The reasons are recognition of one’s efforts, leadership at the unit level and job satisfaction. Things that don’t cost a penny but end up costing us years of experience when people walk out the door.

Unbelievable but true. Those three reasons cause discontent with our employees. I took a look at some startling data from several human resources firms in the civilian sector and found out we’re not alone!

Lack of recognition and poor job satisfaction are the leading causes for employees to “job hop” on the other side of the fence.

What’s the moral of the story? If your folks are thinking about leaving the Air Force, I hope you’ll point out that the grass isn’t always greener on the other side of the fence... in a lot of cases, it’s still just grass.

But more importantly, by taking steps to correct those things we control — like recognition of one’s efforts, leadership at the unit level and job satisfaction — you won’t put yourself in the position of having to explain the color of grass.

Master Sgt. Ish Mohammed
325th Mission Support Squadron
Facilitator, NCO Enhancement
Course

The 325th Fighter Wing is hosting its Target 56 NCO Enhancement Seminar on March 7, 8 and 9. The course, which was developed by Tyndall’s command chief, first sergeants, senior NCOs and other experts, provides Tyndall staff and technical sergeants an opportunity to hone their supervisory and leadership skills in a classroom environment. Plus it was designed for airmen who have not been in the Professional Military Education environment for four years or more. With the changes in PME over the last few years this seminar provides a gap filler at a crucial time for young NCOs awaiting an opportunity to attend the next level of formal PME.

The program is designed as a three-day in-classroom seminar with fourteen major blocks of instruction. Instructors use informal lecture, panel

“It is a great way to help our junior NCOs fulfill their responsibilities as supervisors, professionals and leaders.”

Chief Master Sgt. Karl Meyers
325th Fighter Wing
command chief

and group discussions to present the curriculum, with emphasis on student participation. The instructors are all volunteer junior and senior NCO professionals or individuals having expertise in the topic.

“The NCO Enhancement Course is a great way to help our junior NCOs fulfill their responsibilities as supervisors, professionals and leaders,” said 325th Fighter Wing Command Chief Master Sergeant Karl Meyers. “It energizes our NCOs and gives them more tools to help set themselves up for greater success

and opportunity. Eligible NCOs should not walk away from an opportunity like this.”

“I didn’t know what to expect from this course, but having been through it, I feel a renewed commitment to my responsibilities and the ability to execute them with confidence,” said Staff Sgt. Barbara Wood, a member of the 325th Security Forces Squadron and a graduate of the course.

As you can see, this course is worth the time and effort, said Chief Meyers. Everyone benefits...the NCO is more professionally developed, the troops are better led and, most of all, Team Tyndall and the professionalism of the NCO enlisted core are greatly enhanced by responsive and competent supervisors.

If you’re a staff sergeant or a technical sergeant and meet the criteria mentioned above and want to enhance your career, contact your first sergeant to attend the course. The seminar is held at the First Term Airmen Center, Building 842, Room 2.



USO celebrates 60 years of serving military people

Senior Airman Oshawn Jefferson
Air Force Print News

SAN ANTONIO (AFNS)—Often referred to as a servicemember’s “home away from home,” the United Service Organizations celebrated its 60th Anniversary Feb. 4 at a gala in Washington.

To commemorate the 60 years of service, the USO gala was packed full of celebrity entertainment and military fanfare, including a special recognition of a “hero” from each branch of the armed forces and a special tribute to a crew member of the USS Cole.

“These are true American heroes, the best our nation has,” said Mr. John Tilelli, USO president. “They ask so little and give so much to simply serve America — to serve us.”

The Joint Chiefs of Staff, top Department of Defense officials and several of the services’ senior enlisted members were among the guests as Mr. Tilelli presented the USO Freedom Award to the Cole crewmember, and named

the USO Service Members of the Year.

This year’s gala also featured a presentation of the “Spirit of Hope” award, the USO’s highest and most prestigious award, to the United Services Automobile Association and Frau Helga Haub from the Great Atlantic Pacific Tea Company. They were recognized for their years of advocacy for the men and women of the armed forces.

Entertainment for the gala was provided by country/gospel group “The Oak Ridge Boys” and country singer Craig Morgan. Pop singer and songwriter Carole King headlined the black-tie event, and Ruth Pointer sang the National Anthem. Alex Trebek, host of the game show “Jeopardy!,” served as master of ceremonies.

The USO’s humble beginnings started in 1941, when America’s military was rapidly growing in response to an increasing threat,



which then preceded entry into World War II.

Then President Franklin D. Roosevelt challenged six private organizations — the YMCA, YWCA, National Catholic Community Service, the National Jewish Welfare Board, the Traveler’s Aid Association and the Salvation Army — to handle the on-leave recreation needs for armed forces people.

The six organizations pooled their resources and the United Service Organizations — which quickly became known as the USO — was incorporated in New York state Feb. 4, 1941.

Today, there are 115 USO centers around the world, including centers in Germany, Italy, France, United Arab Emirates, Bahrain, Iceland, Hungary, Israel, Japan, Okinawa and Korea.

“The USO is the ‘people’s outreach to our troops and their families,’” Mr. Tilelli said. “A legion of volunteers make up the heart of

the USO.” About 12,000 volunteers, assisted by a very small paid staff, serves the armed forces through a network of more than 115 USO centers at major airports, overseas cyber cafes, mobile canteens, family centers and a program of celebrity entertainment and handshake tours to America’s military worldwide.

There are 33 independently affiliated USO corporations, which are located throughout the United States. The USO serves an average of more than 5 million patrons annually.

The USO is chartered by Congress as a non-profit charitable corporation and is not a part of the U. S. government. It is endorsed by the president of the United States, Congress and the secretary of defense. Each president has been the honorary chairman of the USO since its inception.

“The USO charter doesn’t talk about entertainment,” Mr. Tilelli said. “It talks about improving morale, welfare, recreation and quality of life of servicemembers.”

Looking for a little help? Tyndall Tax Center in full swing

2nd Lt. David Arvonio
325th Fighter Wing
staff judge advocate

Tax season 2000 is in full swing and the Tyndall Tax Center is here to assist you and your tax needs. We have tax representatives located in many of the units around Tyndall and the legal office serves as the home of the tax center. At the tax center we provide:

- Free electronic filing of taxes
- Drop off tax box in the office lobby (for 1040As and 1040EZs)
- Numerous forms and publications
- General tax advice
- One on one tax assistance by appointment (*Call 283-4681 to schedule an appointment*)

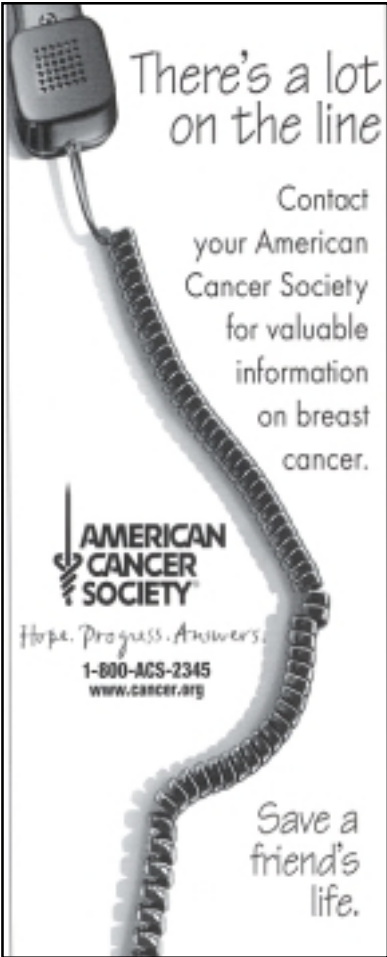
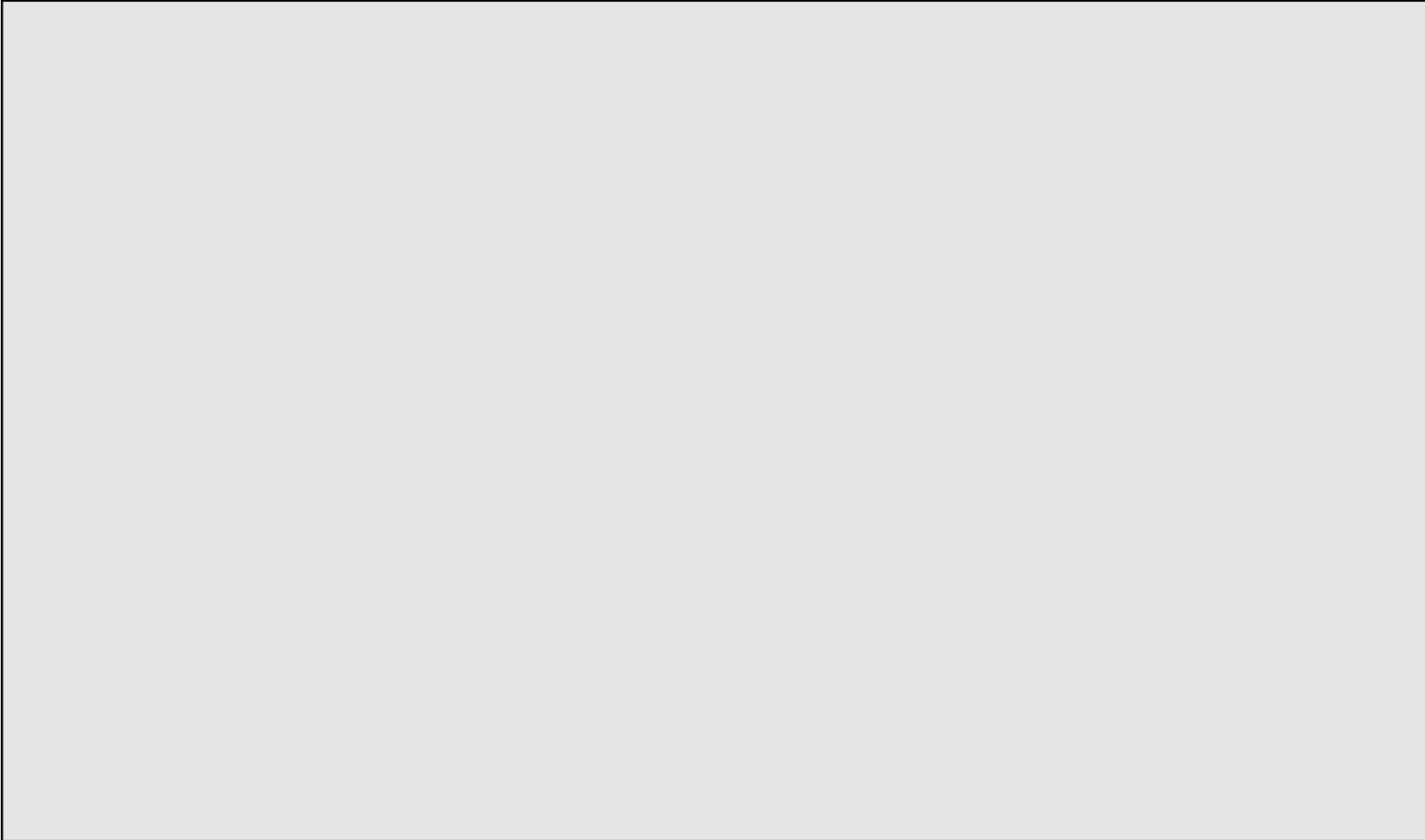
The Tyndall Tax Center will also have walk-in tax clinics for all military and related personnel. These clinics do not require appointments and will held from 9 a.m. to 3 p.m. on the following

dates: Feb. 24, March 10, March 31 and April 7.

For more information, contact the Tyndall Tax Center or your appropriate unit tax representative.

Southeastern Air Defense Sector, Mrs. Kim Albro, 283-5413; **1st Fighter Squadron**, Mrs. Sharon Allen, 283-4512; **325th Communications Squadron**, Mrs. Fran Atkinson, 283-4167; **325th Mission Support Squadron**, 2nd Lt. Adam Avnet, 283-2488; **325th Maintenance Squadron**, Tech. Sgt. Patrick Conlin, 283-4415; **83rd Fighter Weapons Squadron**, Airman 1st Class Anthony Conzonere, 283-3793; **701st Air Defense Squadron**, Staff Sgt. Jerry Cooper, 283-5786; **81st Test Support Squadron**, Staff Sgt. Robert Fisher, 283-4119; **325th Civil Engineer Squadron**, Master Sgt. Kevin Hamilton, 283-4832; **325th Security Forces Squadron**, Staff Sgt. Todd Hebert, 283-4191; **95th Fighter Squadron**, Master Sgt. Bob Herr, 283-2505; **1st Fighter Squadron**, Tech. Sgt. Joann Kiewiet, 283-4327; **325th Aero-medical-Dental Squadron**, Maj. Jeff Mason, 283-7139;

325th Medical Support Squadron, Tech. Sgt. Tammy McElroy, 283-7553; **SEADS**, Mrs. Margaret Morgan, 283-5456; **702nd Computer Systems Squadron**, Maj. Wayne Neuenfeldt, 283-5374; **325th Communications Squadron**, Mrs. Ruth Preston, 283-2168; **325th MXS**, Master Sgt. Mark Reynolds, 283-4200; **823rd RED HORSE Squadron**, Mrs. Cathy Simmons; **325th MXS**, Master Sgt. Brenda Soel, 283-2806; **1st Fighter Squadron**, Capt. Jeff Spann, 283-3393; **325th Fighter Wing staff judge advocate**, Mr. Donald Stanfill, 283-4681; **Air Force Civil Engineer Support Agency**, Tech. Sgt. Mary Statom, 283-6406; **325th Training Squadron**, Tech. Sgt. Daniel Stimpfel, 283-2205; **325th Services Squadron**, Mr. Alan Tremaine, 283-4211; **2nd Fighter Squadron**, Master Sgt. Tim Thomas, 283-2887; **Air Force Civil Engineer Support Agency**, Mrs. Cheryl Vickers, 283-6101; **1st Fighter Squadron**, Senior Airman Teresa Womack, 283-3821; **325th Comptroller Squadron**, Mr. Robert Young.



Features

Tyndall members spread cheer during Valentines for Vets visits



Staff Sgt. David B. Martin, 83rd Fighter Weapons Squadron missile maintenance crewmember, visits with retired Air Force Tech. Sgt. Forrest Johnson.

Tech. Sgt. Sean E. Cobb
325th Fighter Wing
public affairs

Delivering Valentine's cards and sharing smiles and stories became a big part of the day for some men and women from the Tyndall community on Wednesday as they visited veterans in eight local area nursing centers.

More than 100 Tyndall people, including active-duty Air Force, Air National Guard, Air Force Reserve, Department of Defense civilian employees and military retirees joined together to visit 92 veterans in the centers.

The Valentines for Vets program was a tremendous success this year, according to Senior Airman Tiffany Netteville, 325th Aeromedical-Dental Squadron dental technician and Tyndall Active Airman Association Valentines for Vets program coordinator. "It went just great," she said. "The veterans really seemed to enjoy the visit, it

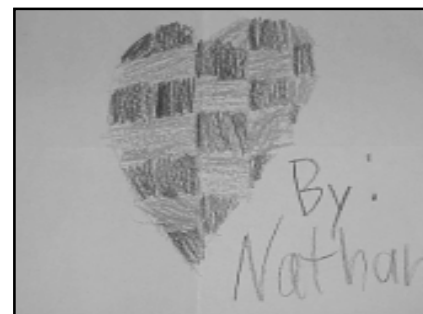
brought back a lot of memories for them. They talked about their experiences in the service and it seemed like the visit made them feel special."

A veteran at the Bay Crest Nursing Center, Albert Story, enjoyed the troops coming out to see him. "This is nice," he said. "It suits me just fine. I like visitors and it's nice that so many people came out to see us."

The volunteers took along cookies and handmade cards from the children of the Tyndall Elementary Bay Base program for each of the veterans. The cookies and cards were only a small part of the project for the

volunteers though the main emphasis was on spending time with the veterans and other people in the nursing centers.

The program was a great experience for the volunteers also. "I like everything there is to do with the people that have gone before us," said Senior Airman Michael B. Crawford, 325th Maintenance Squadron precision guided munitions crewmember. "I believe it's important for us as military members to pay attention to our veterans. This is one of the events that I know of where we can express our appreciation for what they have done."



A card made by one of the children of the Tyndall Elementary School Bay Base program.



Top: The dining room at the Bay Crest Nursing Center is filled with veterans and Tyndall members celebrating Valentine's Day.

Middle left: Staff Sgt. Kendra J. McManious, 83rd FWS munitions controller, left, and Staff Sgt. Tammy J. Christoffers, 83rd FWS munitions controller, prepare treats for the veterans.

Bottom left: Staff Sgt. Aaron R. Clark, 325th Operations Group weapons standardization instructor, talks with Mr. Perry Jones.



Higher education: Tyndall NCO takes full advantage of educational benefits Air Force has to offer

Tech. Sgt. Sean E. Cobb
325th Fighter Wing
public affairs

“The test and the use of man’s education is that he finds pleasure in the exercise of his mind,” Jacques Barzun, a French-American historian and educator once said.

If that is true, then a Tyndall NCO has been doing a lot of exercising. Staff Sgt. Damon C. Matlock, 325th Aeromedical–Dental Squadron dental laboratory technician, completed two associate’s degrees, one in dental assisting and the other in dental laboratory technology, and a bachelor’s of science in liberal arts degree with an emphasis on biology last year. He was also recently selected for officer training school.

Becoming an Air Force officer was the major goal in Sergeant Matlock’s education plans. “I put in for officer training school in December of 2000 even before I finished my (bachelor’s) degree and found out January 20 that I made it. It felt really good to know I was going to OTS. My Dad is retired military, so he was ecstatic too.”

Sergeant Matlock is scheduled to leave for OTS in July and after completing that he will come back to Tyndall to go through the air battle management course.

Getting all his credits and courses was a lot of hard work, but he had some people in his corner to assist. “I had a lot of help getting my education; my family, friends and co-workers,” Sergeant Matlock said. “All their support definitely made it easier to get my education done.”

Sergeant Matlock knows there were some special sacrifices made by the people who work in his office, and for that he is grateful. “I would especially like to thank Staff Sgt. Brady Matthews and Mr. John Hill in my office for picking up the slack and allowing me to pursue this education,” he said. “I was also doing honor guard duties at the same time and I know me being gone that much didn’t make their life easy.”

Sergeant Matlock started on his education before he came in the Air Force and then continued through the Air Force’s educational programs. “I began working on my bachelor’s degree in the fall of 1989,” he said. “I went to school for three-and-a-half years at the University of New Mexico, and then joined the Air Force in 1995.

“In the early days of my career I had many job changes and it made it hard for me to take a lot of courses at once, so at first I did it a little at a time.”

It wasn’t all light work though.

“Toward’s the end I was averaging two courses per semester, and that kept me pretty busy with work and all,” Sergeant Matlock said. “Then besides taking classes, I used College Level Examination Program testing to fill in the holes.”

The educational counseling Air Force members receive definitely paid off in his case, according to Sergeant Matlock. “I was working toward a degree in biology and still had a way to go, when Mrs. Kirkpatrick at the (Tyndall) education center pointed out that I had enough credits to get a bachelor’s degree from Excelsior College right now,” he said. “I wanted to get into OTS as soon as I could, so when I found out there was a quicker way, I took it.

“I really like the Excelsior College program. The college is willing to help military people get their degrees. They make it easy to combine credits from other schools and put it all together to make it count.”

Mrs. Wanda Kirkpatrick, 325th Mission Support Squadron education center guidance counselor, was impressed with Sergeant Matlock’s dedication toward getting his bachelor’s degree finished up. “Sergeant Matlock was highly motivated

when he came in to see us,” she said. “Anyone who takes the independent study route has to be highly motivated to be able to complete it in this manner. When I realized he was close enough to get his degree, I suggested Excelsior College, formerly known as New York Regents College, as an alternative. I’m glad to see it worked out well for him.”

Even with the first part of his college education behind him, Sergeant Matlock has some big goals ahead. “From a personal perspective it’s great that I have my bachelor’s degree behind me,” he said. “But the bachelor’s degree is just a stepping stone to what I am really shooting for, and that’s OTS. Once I graduate from there and become an Air Force officer I will feel rewarded for all this effort.”

With all the programs and tuition assistance the Air Force has to offer to help people get their advanced education, Sergeant Matlock encourages people to go for it. “Education is something no one can take from you. It might take a lot of time management to make it work, but once you get there it’s all worth it.”

So if you are feeling like it is time to start exercising your mind, give the Tyndall Education Center a call at 283-4285 and one of the counselors will be ready to assist you in beginning your educational work-out.

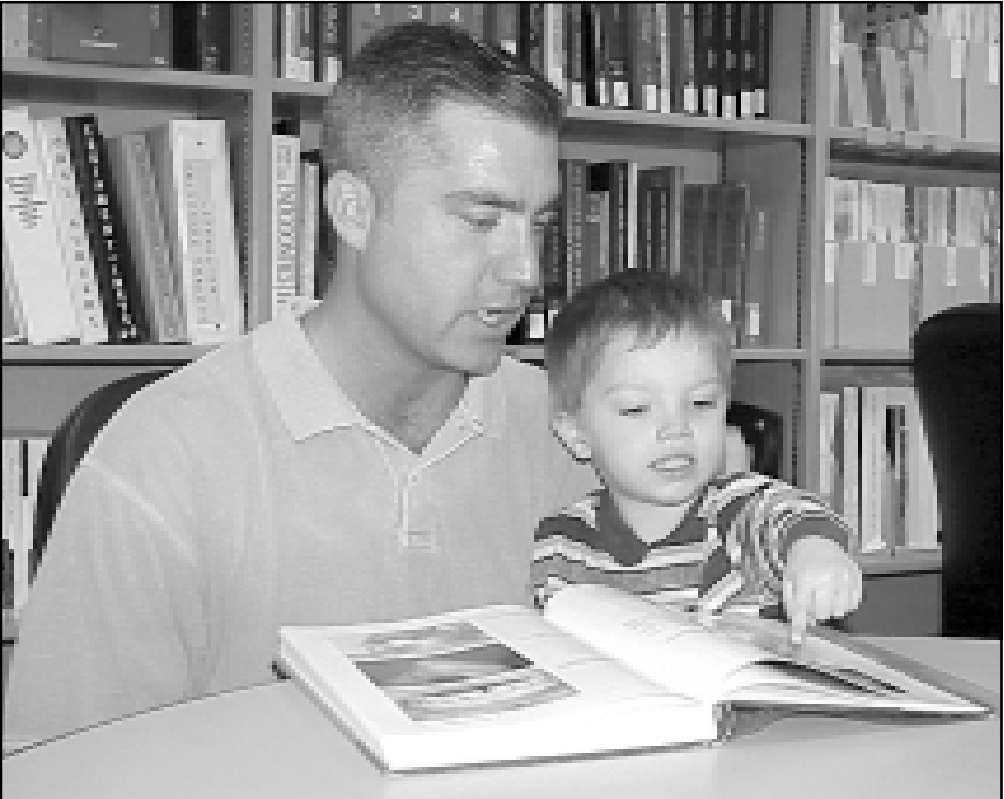
“Education is something no one can take from you. It might take a lot of time management to make it work, but once you get there it’s all worth it.”

Staff Sgt. Damon C. Matlock
325th ADS



Photos by Tech. Sgt. Sean E. Cobb

Staff Sgt. Damon C. Matlock, 325th Aeromedical–Dental Squadron dental laboratory technician, gives a rough polish to a set of dentures. When he is not studying for a test or attending class he works at the 325th ADS dental laboratory.



Derek M. Matlock, right, Sergeant Matlock’s 2-year-old son, helps Sergeant Matlock study by pointing out an important picture in a dental textbook.

Bush pledges more money for military pay, housing, health care

Sgt. 1st Class Kathleen Rhem
American Forces Press Service

FORT STEWART, Ga. — President George W. Bush announced Monday a significant increase in funding for quality-of-life issues affecting U.S. servicemembers.

Speaking to a group of roughly 6,000 3rd Infantry Division soldiers and their family members, President Bush pledged an additional \$5.7 billion in 2002 to be spent between military pay increases and improving military housing and health care.

The president got a rousing round of applause when he announced he plans to spend \$1.4 billion on a pay raise for servicemembers — “pay increases on top of the increases the Congress passed (during) the last couple budget cycles,” he said.

President Bush also said he plans to spend \$400 million on military housing and an additional \$3.9 billion to improve health care.

“Because of you, America is secure. Because of you, the march of freedom continues,” the president said. “Our nation can never truly repay our debt to

you. But we can give you our full support, and my administration will.”

He said the nation owes its servicemembers and their families a decent quality of life, necessary training and equipment and solid defense policies.

“When we send you into harm’s way, we owe you a clear mission with clear goals,” he said.

Bush called the soldiers the foundation of America’s military readiness. “But while you’re serving us well, America is not serving you well enough,” he said.

The president said problems like low pay and poor housing reach across the services with predictable results. Frustration is up, while morale and recruitment are down, he said.

“This is not the way a great nation should reward courage and idealism,” President Bush said. “It’s ungrateful, it’s unwise, and it is unacceptable.”

The president opened his speech by asking for prayers for the nine people missing since Feb. 9 when a U.S. submarine surfaced under a Japanese fishing vessel off Hawaii sinking the ship. He called for a moment of silence for “those missing, their families and our friends, the people of Japan.”

In his first visit to a military base since

taking office Jan. 20, Bush also visited a single-soldier barracks unit and had lunch with soldiers in one of the post’s military dining facilities.

The president’s Georgia visit kicked off three days of visits with Defense Secretary Donald Rumsfeld to military bases to explain some of his national security policies.

Tuesday he visited the Joint Forces Command in Norfolk, Va., and, on Valentine’s Day, the two visited National Guard and Reserve troops in Charleston, W.V.

Maj. Gen. Walter L. Sharp, 3rd Division commander, told President Bush he couldn’t think of “a better place to see what soldiers and their families are doing in the Army today.”

The president agreed. “You’ve been called the most highly trained and rapidly deployable mechanized force in the world,” he told the soldiers. “That is high praise, and you have earned it.”

Throughout the presidential campaign, President Bush promised to take a hard look at increasing amounts of military deployments. Much of the man-

power from those deployments comes from 3rd Division, he said.

President Bush noted many division soldiers are currently deployed to Bosnia and still more will replace them in March. In addition to the current and upcoming Bosnia missions, Fort Stewart soldiers are currently training for a May deployment to Kosovo as well.

“You volunteered for this job. You decided to serve a cause greater than yourself,” President Bush told the troops. “I’m proud to lead you, and I’m committed to serve you.”

Know rules for solicitation in the federal workplace

Lt. Col. LeEllen Coacher
325th Fighter Wing staff judge advocate

When it comes to solicitation in the federal workplace, do you know the rules? This is an area everyone should become familiar with, and in this article we will look at the basic rules regarding solicitation.

First off, employees may not solicit the sale of magazine subscriptions, cosmetics, household products, hair replacement systems, vitamins, candy, cookies, insurance, weight-loss programs or any other types of articles or services in the federal workplace. Employees are also prohibited from soliciting other Department of Defense employees who are junior to them off the job and outside the workplace.

The Joint Ethics Regulation states, “a DOD employee may not knowingly solicit or make solicited sales to DOD personnel who are junior in rank, grade or position, or to the family members of such personnel, on or off duty.”

This does not mean that people cannot discuss cars, mechanics, home maintenance problems with fellow workers and tell them what products,

services or service providers they particularly like. This is permissible. Employees may relate personal experiences as to what was helpful and what was not. The problem could begin if people bring business cards, brochures or advertisements or other offers to sell goods or services to fellow employees.


Here are some examples to look at. It would be permissible for a co-worker to approach you and ask that, if you are still selling collectible sports cards in your part-time business, they would like to buy the latest Topps Gallery Baseball set from you. Then the next day you could bring in this set and complete the transaction at your car at the end of the work day. However it would not be permissible for you to keep a few boxes of various sports card sets on your desk and let it be known that you are selling them.

Another example would be if a co-worker has a toothache but no dentist, it would be permissible for you to provide the name, address and phone number of your dentist. However, it would not be permissible to pass out your dentist’s card with your name on

●Turn to RULES Page 11



Pizza, Pizza



All you can eat pizza buffet

10:30 a.m.
to 1 p.m. every
Monday and
Thursday

●**RULES from Page 10**

the back to all your co-workers so that you can obtain a \$25 credit for every referral.


A final example would be for you and a co-worker to sign up for a tour together with a travel agency. That is permissible. However, it would not be permissible for you to “pitch” the trip to each of your co-workers so that you could get 50 percent off your tour price for signing up four other travelers.

There can be a fine line between what is and is not permissible. Hopefully, the examples provided will give you an idea of what is and what is not acceptable.

There are some exceptions to the rule of no solicitation in the federal workplace, but they are limited. Employees may solicit in the federal workplace in the following circumstances:

- For a fellow employee for a special, infrequent occasion such as a wedding, birth or adoption of a child, transfer out of the supervisory chain, and retirement. A promotion is not considered a “special, infrequent occasion.” Yes, I know, promotions are “special,” and they certainly are “infrequent,” but under the guidelines they are not “special, infrequent occasions” unless the promotion is accompanied by a transfer outside of the supervisory chain. Federal employees can solicit no more than \$10 from other employees, and contributions must be entirely voluntary. Also, the value of the gifts

Spotlight



Airman 1st Class Russell Crowe

Senior Airman Saulo Ortiz

Squadron: 325th Fighter Wing
Job title: Logistics planner
Years at Tyndall: One
Hometown: Bayamón, Puerto Rico
Why did you join the Air Force: For the educational opportunities.
Most exciting facet of your job: Being able to watch the deployment wheels turn and being a part of all that happens behind the scenes.
Short-term goals: Getting an associate’s degree as a webmaster.
Long-term goals: Getting a bachelor’s degree or certificate in computer graphics engineering.
Favorite book: “The Sphere”
Favorite movie: “Jurassic Park”
Hobbies and off-duty activities: Anything computer related, spending time with my family and aquariums.

may not exceed \$300.

- For food and refreshments to be shared in the office. Again, participation must be voluntary.
- For the Combined Federal Campaign and Army Emergency Relief. Again, whether to contribute and how much must be entirely voluntary.
- To raise money among ourselves for our own benefit when approved by the commander or head of the organization such as selling squadron shirts and hats.

If it doesn’t fit into one of the above exceptions, don’t solicit. This will help you stay in compliance with the ethics rules and your colleagues will most likely appreciate it. Sometimes co-workers are just too nice to tell you that they do not want to be subjected to solicitations in the workplace and they might feel compelled to buy something to maintain “peace,” especially if they work for you.

Even if the solicitation fits one of the exceptions, people still need to be careful. Voluntariness is the “key.” It should not be a senior employee who does the solicitation. Don’t make repeated entreaties. Don’t require the employees who decline to explain themselves. Always make a provision for an employee to “opt out” of the gift contribution that is included in the price of the luncheon.

If you aren’t sure or think that a particular situation might fit an exception, call the staff judge advocate’s office, 283-4681.

Team Tyndall Pride

Take pride in Team Tyndall and its beauty. Pick up trash if you see it or do a self-help project — we all reap the benefits of a clean environment.





American Heart Association
WE'RE FIGHTING FOR YOUR LIFE

Your link
to what's going on

Gulf

Guide

in the
Tyndall community

FEBRUARY

FRI16

Red Cross blood drive
A Red Cross blood drive is 9 a.m.-3 p.m. today in the community activities center and noon-6 p.m. at the 53rd Weapons Evaluation Group. Donations of all blood types are needed. Donations of volunteer time or cookies are also welcome. For more information, call Stephanie Skoglund, 874-9286.

Awards luncheon
The 325th Fighter Wing Communications and Information Professional of the Year awards luncheon is 11 a.m. today in the main ballroom of the Pelican Reef Enlisted Club. For more information, call Senior Master Sgt. Brad Hilgenberg, 283-3842.

SAT17

Horse show
A hunter and English open horse show, hosted by the Bay County 4-H Riding Rebels, will be 9:30 a.m. Saturday at the Tyndall riding stables. A show bill is necessary to enter through the front gate. All 4-H members should bring membership cards. The all-day fee is \$30 for members and \$35 for non-members and a \$6 fee per class. All benefits go to the 4-H Riding Rebels. Concession stands will be available.

MON19

Commissary closure
The commissary will be closed Monday and Tuesday. It will reopen 9 a.m.-6 p.m. Wednesday.

AAFES holiday hours
The following Army and Air Force Exchange Service facilities will be open on Monday, Presidents' Day. All other facilities will be closed. Main store, 10 a.m.-5 p.m.; service station, 10 a.m.-5 p.m.; class six and shoppette, 11 a.m.-5 p.m.; Felix Lake Shoppette, 8 a.m.-6 p.m.; and Anthony's Pizza, 10 a.m.-3 p.m.

TUE20

'Moms, Pops & Tots'
The parent and child interaction play group, "Moms, Pops & Tots," for parents and their under-age-five children meets 9:30-11 a.m. every Monday at the youth center. For more information, call 286-5812.

Couples' workshop
The four-session couples' communication workshop will continue 3-5 p.m. Tuesday and Feb. 27 in the family advocacy conference room. For more information or reservations, call family advocacy, 283-7272.

Civil Air Patrol meeting
Civil Air Patrol meetings for boys and girls 12 years old and older will be held 6:00-8:30 p.m. every Tuesday in Building 852. The CAP offers local and national activities

with a focus on educational and professional development. For more information, call Capt. Laura Palm, 283-7426, or Master Sgt. Perry Newberry, 283-4189.

Boating skills course
The Coast Guard Auxiliary Flotilla 19 boating skills course will be 7-9 p.m. Tuesday and Thursday evenings in Gulf Coast Community College's Student Union East building, Gibson lecture hall, Room 231. The optional full course ends March 1. The cost is \$30 for the new text and workbook. For more information, call John Clark, 271-3828, or visit the flotilla web site at: http://gctr.com/flot1_6.html.

WED21

Stress-management workshop
The last meeting of the three-session stress-management workshop will be noon-2 p.m. Wednesday in the family advocacy conference room. For more information, call family advocacy, 283-7272.

Parenthood-preparation course
The four-session parenthood-preparation course will continue 3-5 p.m. Wednesday and Feb. 28 in the family advocacy conference room. For more information, call family advocacy, 283-7272.

MSIAC presentation
A presentation by a representative from the Modeling and Simulation Information Analysis Center's Modeling and Simulation University will be 8:30 a.m.-12:30 p.m. Wednesday at the Air Force Special Operations School at Hurlburt Field. The free, half-day course will be provide a broad understanding of modeling and simulation and its use in support of military training, analysis and acquisition. Registration is open to all military, Department of Defense civilians and contractors. For more information or to register, call Maj. Mark Kinney, 884-4149.

NOTES

AFROTC opportunity
The Air Force Reserve Officer Training Corps is offering an opportunity to simultaneously finish a degree and earn a commission as a 2nd lieutenant in the Air Force. Qualified personnel who can graduate with at least a bachelor's degree in any academic major in Fiscal 2002 may be eligible. For more information and eligibility requirements, call or visit the base education office, 283-4285.

Local Mardi Gras
The downtown Panama City, Krewe of Massalina Mardi Gras parade and festival will be Saturday on the south end of Harrison Avenue and the civic center/marina area. The Mardi Gras on Panama City Beach festival and parades will be held on Front Beach Road and in the Club La Vela parking lot Feb. 23-25. All events are free and open to the public.

A&P certificate
Classes begin next term at Embry-Riddle Aeronautical University for those interested in the Federal Aviation Administration's Airframe and Powerplant certificate. FAA approval is required before registering and early registration is encouraged. For more

information, call the education center, 283-4557.

Test destruction procedures
New promotion test destruction procedures require that two examinees be selected per each testing session to verify and witness seal on booklets at beginning of each session and destruction of the one-time use booklets at the completion of the session. Examinees selected are required to be present for the entire testing session and a few minutes following the session. The responsibility is mandatory for those selected and cannot be declined. All examinees should make arrangements to be present for the entire testing session in the event they are selected to perform these duties.

Air show
Tyndall's Gulf Coast Salute 2001 open house and air show will be March 24 and 25. The event is open to the public with free admission and parking. The U.S. Air Force Thunderbirds aerial demonstration team will be performing March 25. For more information, visit the Tyndall web page at: www.tyndall.af.mil and click on coming events or go to: gulfoastsalute.homestead.com/index.html or call 283-8576.

RETIREE NEWS

DEERS updates
According to the Veterans News and Information Service, over 300,000 beneficiaries did not receive any information from the Department of Defense due to an incorrect address in the Defense Enrollment Eligibility Reporting System. In order to receive a TRICARE Senior Pharmacy letter from the DOD, addresses must be updated in DEERS either by visiting the Military Personnel Flight's customer service office, calling (800) 538-9552 or updating online at: www.tricare.osd.mil/DEERSAddress.
To receive more information on the Pharmacy Benefit Program, call (877) 363-6337 from 7:30 a.m.-11 p.m., Monday-Friday.

Internet resources
Tyndall's Retiree Activities Office web page, www.tyndall.af.mil/325fw/rao.htm, contains useful links to the National Mail Order Pharmacy and retiree activities. For up-to-date information on where to write for birth, death, marriage and divorce records in each state and territory, visit the National Center for Health Statistics web site at: www.cdc.gov/nchs/howto/w2/alphabet.htm.
On April 1, uniformed services beneficiaries 65 years of age and older will begin receiving pharmacy benefits provided by the 2001 National Defense Authorization Act. Information concerning the TRICARE Senior Pharmacy Benefit can be found at: www.seniors.gov/articles/0201/tricare-pharmacy.html.

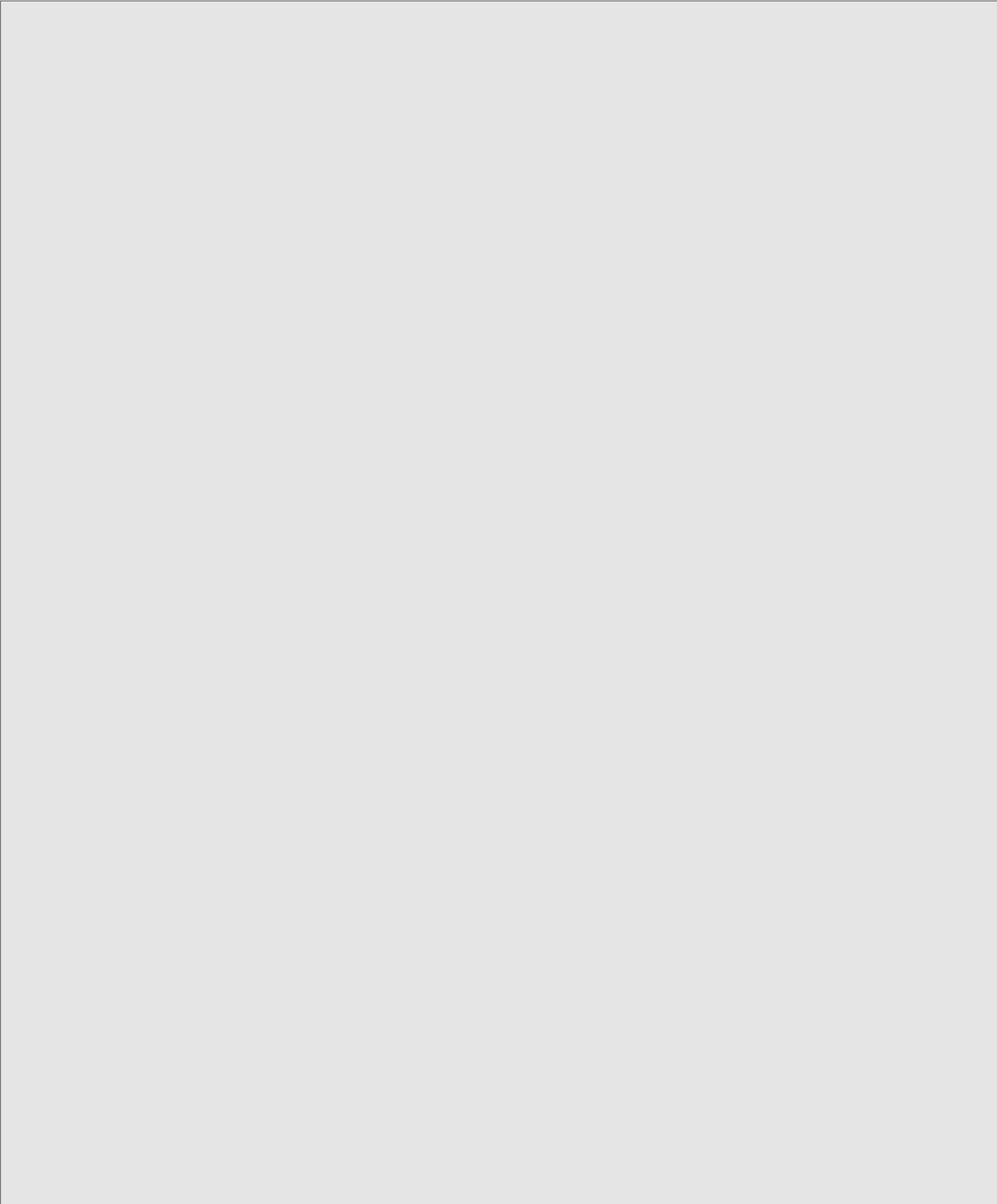
Volunteers needed
Volunteers are currently needed at most Tyndall work centers, including the Red Cross, family services, base chapel, medical group, golf course and the retiree activities office. For more information, call the family support center, 283-4204.

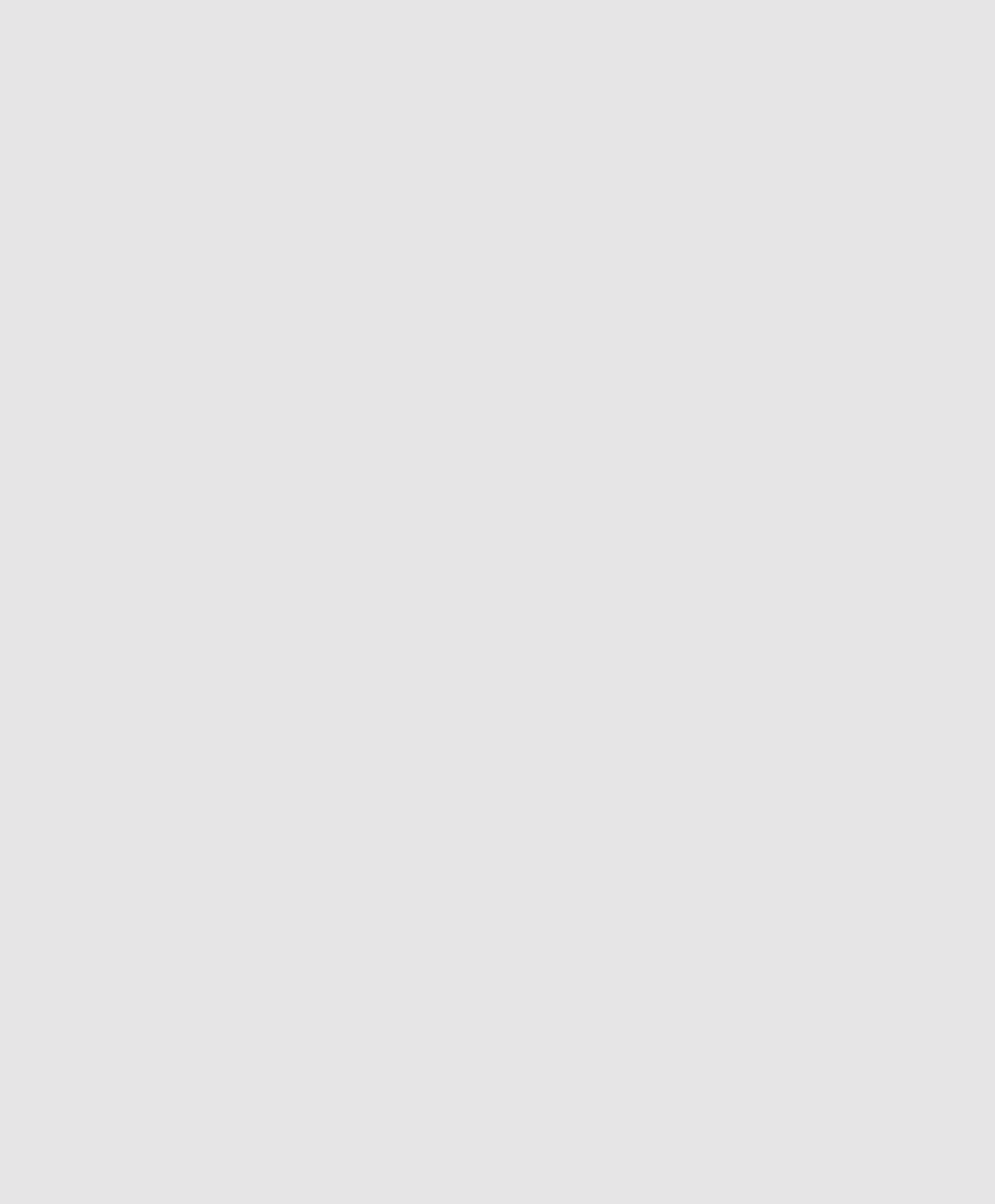
YARD SALES

There are no yard sales scheduled for Saturday.

BASE THEATER

Today: "What Women Want" (PG-13, sexual content and language, 124 min.)
Saturday: "What Women Want"
Sunday: "All the Pretty Horses" (PG-13, violence and some sexuality, 116 min.)
Thursday: "Wes Craven Presents: Dracula" (R, violence, gore, language and some sexuality, 99 min.)
●All movies start at 7 p.m.





Sports and Fitness

Tips to liven up exercise programs

Courtesy of the American Heart Association

Swimming, cycling, jogging, skiing, aerobic dancing, walking or any of dozens of other activities can help your heart. They all cause you to feel warm, perspire and breathe heavily without being out of breath and without feeling any burning sensation in your muscles. Whether it is a structured exercise program or just part of your daily routine, all exercise adds up to a healthier heart. Here are some tips for exercising success:

- If you have been sedentary for a long time, are overweight, have a high risk of coronary heart disease or some other chronic health problem, see your

doctor for a medical evaluation before beginning a physical activity program.

- Choose activities that are fun, not exhausting.
- Add variety. Try not to rely too much on one activity, but develop a repertoire of several that you can enjoy. That way, exercise will never seem boring or routine.
- Wear comfortable, properly fitted footwear and comfortable, loose-fitting clothing that is appropriate for the weather and the activity.
- Find a convenient time and place to do activities. Try to make it a habit, but be flexible. If you miss an exercise opportunity, work activity into your day another way.
- Use music to keep you

entertained. Upbeat music can spur you on and get your body moving to a good rhythm.

- Surround yourself with supportive people. Decide what kind of support you need. Do you want them to remind you to exercise? Ask about your progress? Participate with you regularly or occasionally? Allow you time to exercise by yourself? Go with you to a special event, such as a 10K walk/run? Be understanding when you get up early to exercise? Spend time with the children while you exercise? Try not to ask you to change your exercise routine?
- Share your activity time with others. Make a date with a family member, friend or co-worker. Be an active role model for your children.


- Don't overdo it. Do low- to moderate-level activities, especially at first. You can slowly increase the duration and intensity of your activities as you become more fit. Over time, work up to exercising three or four times per week for 30-60 minutes.
- Keep a record of your activities. Reward yourself at special milestones. Nothing motivates like success.

These are just a few tips to help you liven up your exercise programs. Remember, the important thing is to exercise. Even a little exercise every day can help out in a big way. So take those stairs instead of the elevator, walk to the mail box instead of drive and have fun with it, laughter is great exercise!




Tyndall Classifieds

- Guitarist/singer looking for musicians interested in playing. Call Russell at 648-6504.
- 1991 Vulcan 500, excellent condition, 10,000 miles, two helmets, vests, more. Asking \$1,925. Call Brian at 871-2380 for more details.



Thinking about getting out? Think again!

Get the facts first. Call Chief Master Sgt. Ron Georgia, 325th Fighter Wing career assistance adviser at 283-2222 (283-2222)





February is month to develop healthy heart

CHARLESTON AFB, S.C. (AFPN) — February is American Heart Month and it is no coincidence that it is the same month people celebrate Valentine’s Day.

Mr. Frankie Cox, a dietician from the 437th Medical Group at Charleston Air Force Base, S.C., thinks everyone should set a goal of eating “heart-healthy” year-round.

“With a healthy heart you can reduce your risk of heart disease, America’s number one killer,” Mr. Cox said. “The typical American diet does not help us live up to our full potential. We usually get too much fat, too much salt, too much sugar and sometimes, just too much.”

Eating smart means having a variety of foods every day from the five food groups. In moderation, all foods can fit in a heart-healthy diet.

Eat a diet low in fat by reducing daily fat intake to no more than 30 percent of your total calories a day, Mr. Cox said. People should not try to cut all fat from their diet because they do need some to stay healthy.

Mr. Cox recommends eating a diet with less saturated fat by reducing it to less than 10 percent

of your total daily calories.

Foods high in saturated fat can come from animals or plants. Saturated fats from animals include fatty red meats, poultry skin, beef or chicken fat/lard, butter, cream, whole and 2-percent milk, ice cream and cheese.

Plants provide saturated fat when tropical oils, such as coconut or palm oil, are used in cooking or used in processed or packaged foods. Hydrogenated or partially hydrogenated foods like margarine and vegetable shortening (also used in baked and processed foods) is also a source of saturated fat from plants.

“All of us should follow an eating plan that is low in cholesterol by limiting intake to less than 300 milligrams a day,” Mr. Cox said. “We only get cholesterol from animal products... and be wary of food products that ‘contain no cholesterol,’ because they may contain saturated fat.

Other healthy guidelines Mr. Cox said to follow are to eat more fiber, eat at least five fruits and vegetables a day, and drink between eight to 10 cups of water each day.

“Your heart-healthy eating plan does not have to be strict and rigid,” Mr. Cox said. “There is no

‘good food, bad food.’ All food fits, and it may work well to simply adjust portion sizes downward, rather than counting fat grams. It is possible to include dairy products, red meat, eggs, grains, fruits and vegetables in any healthy diet.”

Some people may fare well with a system as simple as having one high-fat food per meal or one high-fat meal per day.

It is also possible to incorporate fast foods; just don’t rely on them for your total intake, Mr. Cox said. Use the fat-balancing principle. Balance a single, high-fat item or meal with a lower fat item or meal.

Other lifestyle changes can also help reduce the risk of heart disease.

“You should maintain or improve your weight,” Mr. Cox said. “It is wise to get the heart benefits of regular exercise. If you have high blood pressure or diabetes, get it under control. If you smoke, seriously consider giving up the habit and then quit.

“Many of us come up with excuses why we don’t or won’t eat healthy and exercise,” Mr. Cox said. “You have the time and energy to do what you really want to do, and it’s never too late to get started. No more excuses... just do it!”

Drinking plenty of water is important and can be easy

Health experts tell us to drink lots of water, but that’s not always easy to do. We have lives that keep us busy and often out of range of a drinking fountain or cold water. Try putting eight-ounce bottles of water in

wherever you go. You can refill the bottles and always keep some frozen in your freezer, ready to go.

Not only does water aid in digestion, in washing away toxins, in reducing appetite and in hydrating the skin, it

can help prevent bladder cancer in men.

A 10-year study of 48,000 men at Harvard School of Public Health in Boston found that those who drank six

glasses of water a day had only half the

risk of developing bladder cancer as those who drank only one glass.

Bladder cancer is the fourth most common cancer among American men, eighth among American women.



Grab a frozen bottle of water as you leave your house in the morning and keep it in your car. When you get back to the car, chances are it will be nicely thawed and cold to drink.

Another idea is to wrap it in a towel and carry it in your briefcase or handbag. Take it with you to the office or



Every member of Team Tyndall is valuable. Play it safe, don’t become a statistic.

Intramural over 30 basketball		
Squadron	Wins	Losses
1 FS	8	1
AFCESA	7	1
SEADS	6	3
OSS	5	3
RHS	4	4
TRS	4	4
CONR	4	5
MDG	2	5
TW	2	7
LSS	0	9

Intramural basketball		
Squadron	Wins	Losses
95 FS	7	1
TRS	7	1
COMM 1	6	2
2 FS	6	2
SVS	5	3
WEG	5	3
OSS	4	4
1 FS	2	6
COMM	2	6
MDG	2	6
MXS	2	6
83 FWS	0	8

VolksSport walk/run

The Panama City VolksSport Club will host a 5/10-K walk on Saturday, Feb. 24 at Frank Brown Recreation Complex on Back Beach Road in Panama City Beach. The walk can be started anytime between 8 a.m. and noon but must be completed by 3 p.m. 10-K walks are the equivalent of 6.2 miles. The 5-K (3-mile) walk will be conducted entirely within the park on the walking paths, while the 10-K event will start in the park and proceed out into the local community. There is a Snowbird’s Craft Festival in conjunction with the walk. For more information, contact DJ Moore, 871-2624 or Carolyn Bagley 234-5792.

